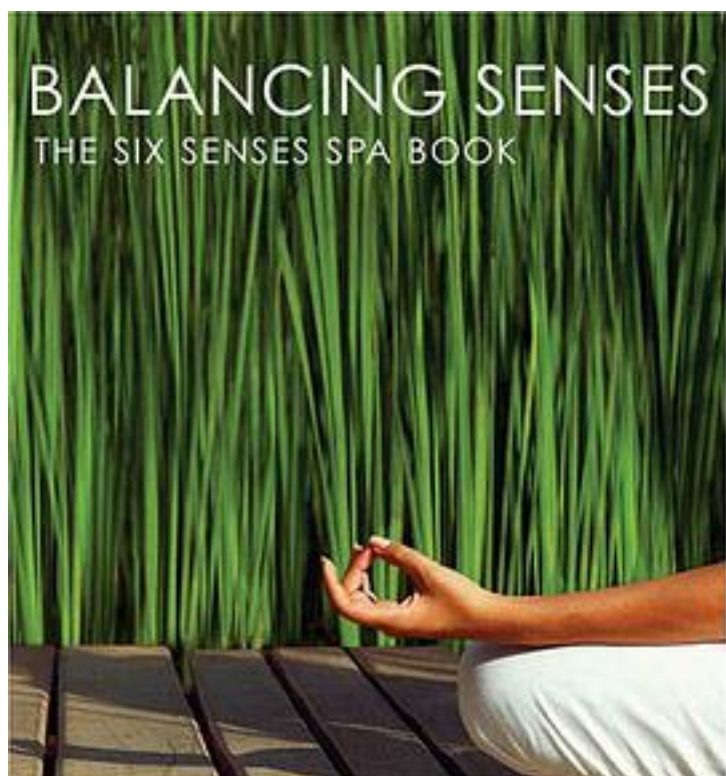


# Balancing Senses



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Keeping that elusive spa feeling a permanent one, long after the spa visit, can be tricky. With this in mind, the Six Senses Spa Book is a refreshing recipe for making the most of the body you were born with. From detoxing to yoga, from body treatments organic food, the book is packed with easy to follow recipes and guidelines for nourishing the body, both inside and out. The Body Sense chapter explains how to live the sixth sense by eating fresh, wholesome and seasonal foods and combining ancient healing traditions with today's sound scientific knowledge on how the body works. Here, you can learn about detoxing as well as pertinent advice that will help you become

healthier, and feel younger, fitter and stronger. Beauty Sense is a guide on how best to treat your body from the outside, from facial treatments to body scrubs, from hair to feet, every aspect is taken care of. Mind Sense looks at movement and meditation techniques, old and new, that work to alter the inner-self. Time-honoured healing practices such as yoga, tai chi, pranayama and meditation are detailed to show you how to stay looking and feeling your best. As a completely usable guide, the Six Senses Spa Book provides menu and exercise programmes that will enable you to relive the spa experience at home, making a transitory experience into a real and permanent way of life.

作者介绍:

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